Mentor Reflection

Individual Journey into Research

*These questions are designed to get you to think about your own journey into research and the advantages and disadvantages you may have faced along the way.*

*Please use this exercise as a starting place for your self-reflection—there are many excellent resources available via CSEP and online for Culturally Aware Mentoring—we encourage you to review those resources.*

**Example Questions**

What motivated you to go into STEM?

Who helped you along the way?

What skills did you need to develop to get where you are today?

How did you learn those skills?

Did you have mentors who shared your identities? How did this impact or not impact you?

Did you have mentors who did not share your identities? How did this impact or not impact you?

Who was your best mentor and why? What qualities did they have that helped you as a mentee?

Who was your worst mentor and why? What qualities did they express that did not help you, or perhaps harmed you as a mentee?

What were the biggest challenges you faced getting where you are today (e.g., financial, discrimination, family/cultural expectations, etc.)?

Was there ever a critical point (or multiple critical points) where if you had not been able to overcome an obstacle, you may have not continued your education/career pursuits?

If so, how did you manage these critical points and who helped you?

Were you ever in a learning or mentoring situation where you had a language or cultural barrier to overcome (e.g. learning in another country, engaging in literature and research not in your first language)? If so, how did this make you feel?